

# THE GOLDEN STOOL KITCHEN



# FOOD MENU



A TASTE OF WEST AFRICA

[WWW.GOLDENSTOOLKITCHEN.COM](http://WWW.GOLDENSTOOLKITCHEN.COM)



# OUR HISTORY

West Africa, like the rest of Africa is a region of magnificent history, treasures and cultures. However for centuries many of these wonders have been hidden from the world, lost to the world, lost to the revenges of time and nature, THE GOLDEN STOOL is a typical example.

THE GOLDEN STOOL (Sika Adwa in Akan Language) is a symbol of unity and power for the Ashanti people in Ghana. According to legend, it descended from the sky and landed on the lap of Osei Tutu, the founder of the Ashanti Kingdom. The Ashanti people are part of the Akan Ethnic groups that live in Ghana, Cote D'voire and Togo.

It represents the collective spirit and strength of the Ashanti community, housing the spirits of their ancestors. Despite facing challenges, the Golden Stool has been preserved and remains a cherished artifact.

The political, military and spiritual foundation of Ashanti's led by a Queen mother called YAA ASANTEWAA defeated the British in 1901. We adopted the name Golden Stool to display the culture of these courageous people who served the communities very well.

At Golden Stool, we pay homage to this historic symbol by incorporating elements of Ashanti culture into our restaurant. We invite you to join us at Golden Stool and embark on a culinary journey that not only delights your taste buds but also transports you to the heart of the West African culture, where the legend of the Golden Stool lives on.

Lets begin the West Africa Journey



KELEWELE



SUYA



ONION RINGS



GHANAIAN SALAD



## STARTERS

### CHICKEN WINGS

Chicken wings with an African twist! Succulent meaty seasoned with our special mix of spices, deeply fried to perfect golden brown.

*Choose from Barbecued/ Honey-Glazed/Garlic, Spicy.*

**KSH 850.**

### KELEWELE

A sweet, spicy succulent Ghanaian snack with a bit of crunch basted with golden stool secret spice mix, creating a crispy exterior and a tender interior bursting with a spicy sweetness.

**KSH 750.**

### SUYA

A spicy slowly roasted skewered satay doused in a smoky and nutty savory umami flavor. Best topped off with a chilly drink of choice to wake up your taste buds and appetite.

*Choose from Beef/ Goat/Chicken*

**KSH 700.**

### ONION RINGS

Onion Rings dipped in a flavorfully seasoned and coated with bread crumbs.

*Can be eaten as a snack or accompaniment*

**KSH 550.**

## SALADS

### GHANAIAAN SALAD

A refreshing blend of freshly chopped tomatoes, lettuce, tuna, baked beans, cucumber and boiled eggs.

**KSH 800.**

### AVOCADO SALAD (V)

Fresh lettuce, cucumbers, succulent tomatoes with carrots and onions

**KSH 800.**

### SHREDDED CHICKEN SALAD

Spicy doused chicken with Fresh lettuce, cucumbers, succulent tomatoes, carrots, onions and avocado stirred in mustard dressing.

**KSH 850.**

### SHREDDED BEEF SALAD

Smoky, juicy and tenderized beef cubes with Fresh lettuce, cucumbers, succulent tomatoes, carrots and onions stirred in mustard dressing.

**KSH 800.**

## EXTRAS

<i>Extra chicken</i>	<i>Kshs. 300</i>
<i>Extra Beef</i>	<i>Kshs. 250</i>
<i>Extra Boiled Egg</i>	<i>Kshs. 100</i>
<i>Extra Tuna</i>	<i>Kshs. 300</i>



GOAT PEPPER SOUP



EGUSI STEW

## SOUPS

## GROUND NUT SOUP

This soup boasts a delightful nutty flavor, derived from the roasted groundnuts (peanuts) used as a base ingredient.

*Add either Fish/ Chicken/ Goat/Beef*

**KSH 1350.**

## MAKE IT A FULL MEAL

*Choice of either Jollof Rice/ Fried Rice/ Plantains/ Mashed Potatoes/ White Rice.*

**KSH 1700.**

*The Authentic way served with either Fufu/ Banku/ Eba*

**KSH 1950.**

## PEPPER SOUP

A delightful and intensely hot flavored soup with a light texture, tantalizing taste buds teasing flavor. Perfect for a chilly morning or unstirred soul.

*Add either Fish/ Goat / Beef / Chicken*

**KSH 1350.**

## MAKE IT A FULL MEAL

*Choice of either Jollof / fried rice / plantains / mashed potatoes/ White Rice.*

**KSH 1700.**

*The Authentic way served with Fufu / Banku / Eba / Omutuo*

**KSH 1950.**

## OKRA SOUP

A very nutritious Soup is packed with vitamins, minerals, and fiber for a healthy meal. The silky texture of the soup creates a delightful mouthfeel.

*Add either Fish/ Goat / Beef / Chicken*

**KSH 1350.**

## MAKE IT A FULL MEAL

*Choice of either Jollof / Fried Rice / Plantains / Mashed Potatoes / White Rice.*

**KSH 1700.**

*The Authentic way served with either Fufu / Banku/ Eba*

**KSH 1950.**

## STEW

## EGUSI STEW

A rich stew prepared with pumpkin seeds, cooked with spinach and tomatoes infused with red oil.

*Add either Chicken/ Fish/ Beef/Goat*

*Served with a choice of either Jollof/ Fried Rice/ Fried Plantains/ Chips/ Mashed Potatoes*

**KSHS 1700.**

*The Authentic way served with either Fufu/ Banku/ Eba*

**KSH 1950.**

## PALAVA SAUCE

Sumptuous, healthy African sauce with greens, spinach, pumpkin seeds and aromatic spices, topped off with a boiled egg.

*Add either Chicken / Fish / Beef / Goat with a side of your choice.*

**KSHS 1700.**

*The Authentic way served with either Fufu/ Banku/ Eba*

**KSHS 1950.**

## RED -RED STEW

A filling and mouth –watering traditional dish made from stewed cowpeas beans cooked in a hearty vegetable broth with African Palm oil with sweet plantain. A perfect balance of sweet and savory. Excellent choice for vegetarians, vegans the ultimate West African way.

**KSH 1000.**

*Add either Chicken / Fish / Beef / Goat*

**KSHS 1700.**





GRILLED FISH WITH  
YAM CHIPS



PAN-FRIED CHICKEN  
WITH JOLLOF RICE



GRILLED FISH  
WITH ATTIEKE



## FISH

## GRILLED FISH

Delicately grilled whole tilapia with a slight zesty fiery juicy tang, infused with African sizzling spices.

*Served with either Jollof / Fried Rice / Fried Plantain/ Yam chips / White Rice / Banku / Potato chips/ Ugali*

**MEDIUM - KSHS 1950.**

**LARGE - KSHS 2150.**

## STEWED FISH

A generous zesty sumptuous fragrant whole tilapia in stew prepared the African style with our delightful fish marinade sprinkled with parsley

*Served with either Jollof / Fried Rice / Plantain / Potato chips / White Rice / Yam chips / Ugali*

**MEDIUM - KSHS 1950.**

**LARGE - KSHS 2150.**

## ATTIEKE WITH WHOLE TILAPIA

Lightly steamed and buttery fermented cassava delicately mixed with or light African spice blend to create a tangy tropical flavor served with our chefs favorite stewed or Grilled Tilapia.

**MEDIUM - KSHS 2000.**

**LARGE - KSHS 2200.**

## EXTRAS

<i>Steamed Spinach</i>	<i>Kshs. 200</i>
<i>Indigenous Vegetables</i>	<i>Kshs. 300</i>
<i>Kachumbari</i>	<i>Kshs. 150</i>

## CHICKEN

## BARBEQUE CHICKEN

A sweet, zesty juicy chicken with home craft barbeque sauce drizzled with golden stool delightful spice mix, creating a crispy exterior and a tender interior bursting with a spicy sweetness.

*Served with either Jollof / Fried Rice/ Plantain/ Potato chips/ Mashed potatoes*

**KSH 1700.**

## HONEY GLAZED CHICKEN

Nicely done pieces of searing hot grilled chicken thighs with a tantalizing aroma of our signature seasoning.

*Served with either Jollof / Fried Rice / Plantain/ Potato chips/ Mashed Potatoes*

**KSH 1700.**

## PAN FRIED CHICKEN.

Marinated chicken thighs simmered in savory stock for extra flavor then seared in a veggie sauce with tomato sauce.

*Served with either Jollof/ Fried Rice/ Plantain/ Potato Chips/ Mashed Potatoes*

**KSH 1700.**

## CHICKEN WINGS AND CHIPS

Chicken wings with an African twist! Succulent meaty seasoned with our special mix of spices, deeply fried to perfect golden brown.

*Choose from either Barbecued, Garlic, Spicy and wet.*

**KSH 1650.**



PAN-FRIED GOAT



RED RED STEW

**BEEF AND GOAT****PAN FRIED GOAT**

Tender goat meat soaked in a flavorful marinade and sautéed in caramelized onions and rich tomato and pepper sauce.

*Served with either Jollof / Fried Plantain / Fried Rice / Potato Chips.*

**KSH 1700**

**STEWED GOAT**

A sweet, zesty juicy and tender beef with golden stool delightful spice mix, creating a crispy exterior and a tender interior bursting with a spicy sweetness.

*Served with either Jollof / Fried Plantain / Fried rice / potato chips / Yam chips / Mashed potatoes*

**KSH 1700.**

**PAN FRIED BEEF**

Tender beef meat soaked in a flavorful marinade and sautéed in caramelized onions and rich tomato and pepper sauce.

*Served with either Jollof / Fried Plantain / Fried Rice/ Potato Chips.*

**KSHS. 1700.**

**STEWED BEEF**

A sweet, zesty juicy and tender beef with Golden Stool delightful spice mix, creating a crispy exterior and a tender interior bursting with a spicy sweetness.

*Served with either Jollof / Fried Plantain/ Fried rice/ potato chips.*

**KSH 1650**

**VEGETARIAN****PALAVA SAUCE**

A sumptuous, healthy African sauce with greens, spinach, pumpkin seeds and aromatic spices

**KSH 1350.**

**EGUSI**

A rich stew prepared with pumpkin seeds cooked together with spinach, carrots and tomatoes infused with red oil.

**KSH 1350.**

**RED -RED STEW**

A mouth –watering traditional dish made from stewed cowpeas beans cooked in a hearty vegetable broth with African Palm oil and served with Fried Plantain. A perfect balance of sweet and savory. Excellent choice for vegetarians.

**KSH 1050.**

**PEPPER SOUP**

A delightful and intensely hot flavored soup with a light texture, tantalizing taste buds teasing flavor. Perfect for a chilly morning or unstirred soul.

**KSH 950**

**GROUNDNUT SOUP**

A fully bodied, slow – cooked soup with mellow peanut butter, fresh tomatoes infused with spices and sliced red chilli for extra oomph.

**KSH 950.**

**MAKE IT A FULL MEAL**

*Choice of Jollof Rice/ Fried rice/ Fried Plantain/ Mashed potatoes.*

**KSH 1,750**

**MAKE IT AUTHENTIC**

*Choice of Fufu/ Banku/ Eba/ Omutuo/ Boiled Plantain/ Boiled Yam (seasonal)*

**KSHS. 1,950**





WAAKYE



SPAGHETTI JOLOF

## WAAKYE

A Ghanaian savory dish of blacked eyed beans and rice doused in flavorful waakye leaf sheaths, served with salacious veggie stew, spaghetti and gari powder.

*Add either Fish/ Goat / Beef /Chicken*

**KSH 1850.**

## PASTA DISHES

### JOLLOF PASTA

Steamed macaroni cooked in an Afro African twist with fresh zesty tomato and vegetable sauce.

**KSHS 950.**

### STIR FRIED SPAGHETTI

Steamed spaghetti stir fried in cooked in an Afro African twist with fresh zesty tomato and vegetables, soy sauce and eggs.

**KSHS 950.**

### JOLLOF SPAGHETTI

Steamed Spaghetti cooked in an Afro African twist with fresh zesty tomato and vegetable sauce.

**Kshs 950**

### MAKE IT A FULL MEAL

*With and choice of either Chicken/ Goat/ Fish and Beef stews.*

**KSH 1,750**

## PLATTERS

### CHICKEN PLATTER

A generous serving of barbeque zesty chicken with a spicy slowly roasted skewered Suya doused in a smoky and nutty savory umami flavor.

*Served with Jollof, Fried rice, fried plantains, chips or fried yams  
(Serves 2)*

**KSH 3700.**

### FISH PLATTER

Large tasty fish, succulent Fish fingers with an African twist.

*Served with Jollof, fried rice, fried plantains, chips or fried yams.  
(Serves two)*

**KSH 3,700.**

### EGUSI VEGGIE PLATTER

A rich stew prepared with pumpkin seeds cooked together with spinach, and tomatoes infused with red oil  
*Served with the Red Red Stew savory waakye and spicy plantains.*

*(Serves two)*

**KSH 3,300.**





JOLLOF RICE



FRIED PLANTAIN



BANKU



YAM CHIPS



## SIDES

### JOLLOF RICE

A legendary Afro one pot-rice dish bursting with flavors from fresh tomato broth, paprika and colored peppers, it is ubiquitous in Ghana, Nigeria, Senegal, Liberia, Togo and Cameroon. Goes well with chicken, goat, fish and stews.

**KSH 850.**

### FRIED PLANTAIN

Spicy fried ripe plantains delicately marinated in a medley of onion, ginger, cloves and chili to create a snack with a crisp exterior and a tender interior bursting with a spicy sweetness.

**KSH 750.**

### FRIED RICE

Lightly Braised whole grain rice with eggs, carrot spring onions garden peas soy sauce and assorted peppers

**KSHS 850.**

### FRIED YAM CHIPS (SEASONAL)

Chunky yam slices fried to a golden hue. A great snack and accompaniment for meals

**KSHS 950.**

### SPAGHETTI JOLLOF

Steamed Spaghetti cooked in an Aphro African twist with fresh zesty tomato and vegetable sauce.

**KSHS 800.**

### FUFU

Boiled Plantain and Cassava dough kneaded into a silky smooth consistency. Great and Authentic accompaniment for soups and stews.

**KSHS 850.**

### BANKU

A Ghanaian meal of fermented cassava dough kneaded together with fermented corn dough. Goes well with Groundnut soup and pepper soup.

**KSHS 850.**

### EBA

A suave meal made from roasted cassava dough. Goes well with stews

**KSHS 850.**

### OMUTUO

A meal made from boiled white rice molded into rice balls. An excellent accompaniment for groundnut soup

**KSHS 850.**

### BOILED YAMS (SEASONAL)

Chunky yam slices softly boiled to a smooth hue. A Great and Authentic accompaniment for stews

**KSHS 950.**

### POTATO CHIPS

Crispy hand-cut potato chips

**KSHS. 450**

## ACCOMPANIMENTS

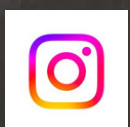


We offer outside catering  
services for;

- Birthdays
- Graduation parties
- Weddings
- Office Parties
- Product launches etc

FOR RESERVATIONS AND  
DELIVERY ORDERS

+245 (0) 714 118 112



@goldenstoolkitchenandbar





# THE GOLDEN STOOL

[GOLDENSTOOLKITCHEN.COM](http://GOLDENSTOOLKITCHEN.COM)